

# CHRISTINE RAAB

PATIENT ADVOCATE

GERMANY (NEAR FRA.)

✉ [KONTAKT@CHRISTINE-RAAB.DE](mailto:KONTAKT@CHRISTINE-RAAB.DE)



## HI!

I'm Christine and I talk about my own cancer journey since 2014 on my YouTube Channel, my Blog and Social Media.

In March 2025 I did the "Patient Advocacy Basic Training" from Europa Donna and would love to do this in a more professional way.

### ● RELEVANT TRAININGS & CERTIFICATIONS

- **2025** Patient Advocate Basic Training by Europa Donna  
Europa Donna, Milan (IT)
- **since 2026** several Yoga Teacher + Yogatherapy Trainings  
Gül Ruijter, Nadine Zoll (GE)

### ● ADVOCACY & PUBLIC WORK

- **Since 2014** Sharing personal cancer journey through Blog, YouTube & Social Media
- **Since 2018** Creator of the online course "Besser leben mit und nach Krebs" (a Yoga online course for cancer patients)
- **Since 2025** Podcast Co-Host "Onko & OM"
- Regularly featured in newspapers, magazines (e.g. Closer, Freizeit Revue) and TV (RTL Punkt 12)
- Invited speaker at national events (e.g. German Cancer Society, Berlin, on "Cancer and Self-employment")
- Collaborated with medical brands (e.g. compression garment companies) – incl. YouTube video on lymph drainage exercises
- Interview guest on cancer, yoga, and integrative health topics
- Active member of cancer support communities and patient networks

### PROFILE

Cancer Patient since 2014  
(Breastcancer 2014, MBC 2022)

Certified Yogateacher 600+h (also especially for Cancer Patients)

Podcast Host, Blogger, YouTuber

Patient Advocate

### ONLINE ACTIVITIES

Podcast Host "Onko & OM"

YouTube Channel "Christine Raab"

Social Media & Blog

### LANGUAGE

🇩🇪 German – native

🇬🇧 English – good understanding,  
confident in writing and conversation

### CONTACT & SOCIAL MEDIA

Christine Raab

Zur Jägerwiese 1a  
63776 Mömbris - Schimborn  
GERMANY  
[kontakt@christine-raab.de](mailto:kontakt@christine-raab.de)  
[www.christine-raab.de](http://www.christine-raab.de)

📷 @christineraabde  
📺 @ChristineRaabDE  
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